

339

ACTIVE-DUTY FAMILY RESPONDENTS

Blue Star Families' annual Military Family Lifestyle Survey provides a comprehensive understanding of what it means to serve as a military family.

This infographic represents a geographic cross-section of the results that **only includes active-duty families**. When referencing this data, please consider the following sample demographics:

- 77% are white, non-Hispanic
- 91% are female
- 82% are active-duty spouses
- 72% are officer ranks
- 33% are affiliated with the Army, 27% Air Force, 18% Navy, 13% Marine Corps, and 6% Coast Guard
- The average age of respondents is 40
- 85% have children
- 32% are unpaid caregivers



IN COLLABORATION WITH



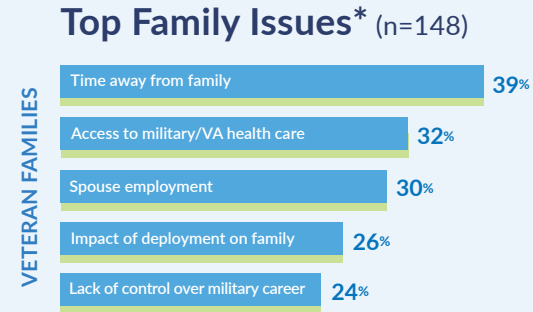
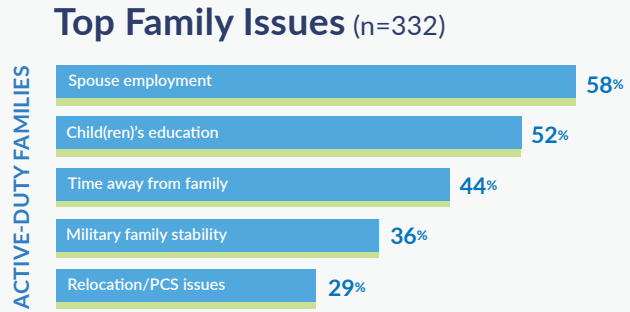
FUNDING FOR THE 2020 MILITARY FAMILY LIFESTYLE SURVEY IS PROVIDED THROUGH THE GENEROSITY OF OUR PRESENTING SPONSOR USAA AND FROM SUPPORTING SPONSORS LOCKHEED MARTIN, AARP, CSX, HUNT COMPANIES, BAE SYSTEMS, THE BARRY ROBINSON CENTER, COMCAST, NORTHROP GRUMMAN, WALMART FOUNDATION, AND THE BOEING COMPANY.



2020 NATIONAL CAPITAL REGION RESULTS



2020 MILITARY FAMILY LIFESTYLE SURVEY



*Veteran family sample demographics:
 66% white
 57% female
 61% veteran
 39% spouse of a veteran
 Average age: 54

*Veteran respondents were not included in the statistics calculated within this infographic.

BELONGING



57% feel welcome in their local civilian community (n=311)

40% feel they are a valued member of their local community (n=306)

38% feel a sense of belonging to their local community (n=311)

LOCAL COMMUNITY

Military families believe their local communities:

63% are supportive of military and Veteran families (n=302)

17% truly understand the sacrifices made by military families (n=300)

HOUSING



Top factors for choosing current housing (n=271)

- Distance to base/installation
- Safety of my family
- Desirable school district
- Family-friendly

78% of those who live off-base pay more than \$200 in out-of-pocket housing costs per month (n=223)

CHILDREN



73% cannot always find child care that works for their current situation (n=143)

21% have a child with special needs (n=237)

K-12 EDUCATION

52% my oldest child is thriving in his/her school (n=185)

46% my oldest child feels a strong sense of belonging to his/her school (n=179)

TIME AWAY



66% find OPTEMPO stressful or very stressful for healthy work/family life (n=314)

MENTAL HEALTH

20% do not receive mental health care but would like to (n=245)

Top reasons for not receiving care (n=47)

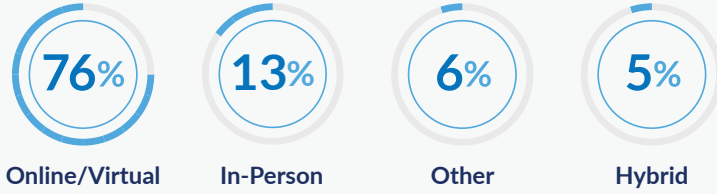
- Difficult to schedule appointment
- Difficult to find child care

18% experienced 6+ months of separation in the last 18 months (n=286)

n = total responses to each question
 OPTEMPO = operational tempo

MILITARY CHILDREN'S EDUCATION

Method of delivery for oldest child (n=191)

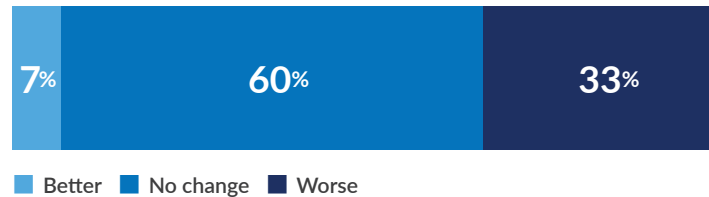


65% believe COVID-19 has made their child(ren)'s education worse (n=213)

EMPLOYMENT

To what degree did COVID-19 impact your employment situation?

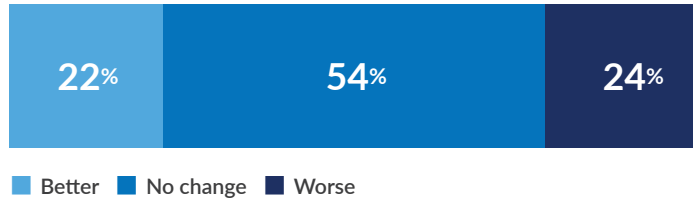
Active-duty spouses (n=205)



FINANCES

To what degree did COVID-19 impact your financial situation?

Active-duty family respondents (n=259)



HEALTH AND MENTAL HEALTH

60% believe COVID-19 has made their mental health worse (n=262)

52% believe COVID-19 has made their child(ren)'s mental health worse (n=216)

34% believe COVID-19 has made their personal health worse (n=261)

OVERALL TAKEAWAYS

Roughly 4 in 5 military family respondents in the National Capital Region **pay over \$200 each month** in out-of-pocket housing costs.

Nearly three-quarters of military family respondents **struggle to find child care that works for them.**

Though most military family respondents feel welcome (57%) in their local community, **only about 2 in 5 feel a sense of belonging.**

One-third (33%) of military spouse respondents in the National Capital Region report **COVID-19 worsened their employment situation.**



Questions about the annual Military Family Lifestyle Survey and how you can offer support? Contact survey@bluestarfam.org

Questions about Blue Star Families' National Capital Region Chapter? Contact dc@bluestarfam.org